

Traditional Chinese Medicine and the Use of "Horary" Points

In the clinical and historical application of the 24-hour cycle (horary cycle), it is common knowledge to the practitioner of acupuncture that if a patient consistently experiences a worsening of symptoms at a particular time of day, a point on the body known as a "horary point" is the most effective point on the body for that particular condition at that particular time of day. Each meridian has its own horary point.

From ancient times, each of the 12 meridians has been associated with a particular two-hour time span where the energy is at its zenith as it moves through the body. Since balance is the key to acupuncture, it becomes quite apparent that high speed jet aircrafts moving through time zones will alter the delicate balance of the body's internal clock, creating undesirable effects.

As there are many different types of acupuncture reflex points on the body with many different functions, *the horary point found on each of the 12 meridians is by far the most active point on the body during the two-hour time span corresponding to the involved meridian.* Thus, if a patient consistently experiences a particular symptom (regardless of what it is) between the hours of 3-5AM, the lung meridian is at fault. Whereas, a patient experiencing symptoms between 7-9PM, the pericardium meridian is to blame.

Stimulation of the specific horary point will help to restore balance to the involved meridian.

Refer to the diagram on the next page.

Traditional Chinese Medicine Clock

